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Welcome

find HOPE here

Southern Illinois Suicide Prevention Conference
SIU Carbondale 2019

September 9 and 10
Monday Sept. 9 - Pre-conference training, Mental Health First Aid
Tuesday Sept. 10 - Southern Illinois Suicide Prevention Conference

findhopehere.siu.edu
Breakout Session 1
10:00 a.m. to 11:00 a.m.

Treating the Whole Person - Christina Diesen, LCSW

Participants will get an understanding of how the mind and body are connected and how mental health is as important as physical health. This understanding can help reduce the stigma surrounding mental illness and increase the number of people who seek help.

Christina Diesen is the owner of Solutions 4 Wellness, Inc. providing therapeutic services with an emphasis on anxiety, trauma and burnout resolution as well as prevention. In addition, Solutions 4 Wellness provides engaging educational experiences that enhance quality of life.

Hope
Mississippi River Room

The Forgotten Child - Hope for the Children of Parents with a Mental Illness - Niki Grajewski, LCSW, LPHA

Participants will hear personal accounts of what it is like to be a “forgotten child” and learn how to help create hope for positive outcomes. Protective factors to support children who have a parent with a mental illness will also be discussed.

Niki Grajewski is a Licensed Clinical Social Worker in the State of Illinois. She has a Master’s Degree in Social Work from the University of Illinois - Champaign - Urbana with a specialization in mental health.

Hope
Mississippi River Room

Approaching Suicide Risk and Assessment from a Multicultural Perspective - Aleska Hagan, PhD

Multicultural competence is a major tenet espoused and agreed upon as valuable by social service professional organizations. However, culturally competent suicide risk assessment is largely overlooked in terms of training, literature, and practice. This presentation will attempt to briefly synthesize the current literature and suggested best practices related to culturally competent suicide assessment.

Aleska Hagan, PhD is a staff psychologist at SIU-Carbondale Counseling and Psychological Services. She is passionate about increasing educational equity and values providing services to underserved and diverse student populations. She finds the work of supporting students toward finding their version of success very rewarding. Aleska utilizes a variety of treatment modalities and takes an integrative approach to clinical work that is grounded in multicultural and intersectional feminist perspectives. Aleska enjoys working with a diverse caseload in regards to presenting concerns and identities, and she has a specific passion for working with first generation college students and college students from poor and working class backgrounds.

Endnote Address
4:00 p.m. to 4:30 p.m.

Matt Buckman, PhD

Matt Buckman, PhD is a Licensed Clinical Psychologist in private practice and recently started a not for profit - the Stress & Trauma Treatment Center. Dr. Buckman serves as the clinical consultant for Solukha on Your Side - a campus wide Suicide Prevention initiative through SIU’s Wellness and Health Promotion Services. He also serves in various part-time leadership and consultative roles. Dr. Buckman is the Co-PI and Clinical Director for several programs and projects, including the Trauma-Based Behavioral Health Fellowship, Trauma Responsive Schools Initiative, Southern Illinois Violence Prevention Project.; and IL HEALS. Dr. Buckman also serves as a consultant for the Building Compassionate Communities System of Care, Project Connect System of Care, and is a co-chair of Resilient Southern Illinois, the Consortium for Resilient Young Children, the Early Childhood Mental Health Initiative, and the national Rural Behavioral Health Learning Community.

Post-Conference Workshop
5:00 p.m. to 7:00 p.m.

The i’Mpossible project, Kicking my Blue Genes in the Butt - Josh Rivedal

Josh is the founder and executive director of The i’Mpossible Project. He provides advocacy, entertainment, seminars, and peer-to-peer education on suicide prevention, mental health, storytelling, and diversity.

Josh will discuss his personal experience as a suicide survivor through live story telling followed by an educational session where the signs and symptoms of depression and suicide will be discussed.

Hope Room
Available All Day

The Hope Room is in the Mackinaw Room, located near the Breakout Sessions. This room is available to all conference guests who may begin to feel overwhelmed and need a break from conference material. This is a relaxing space for all to enjoy.
Suicide Prevention Ballroom D

Talk Saves Lives Suicide Gatekeeper Training - Paul Hagan, MS

Participants will learn about the warning signs and risk factors for suicide and how to start a conversation with someone who needs help and where to get help. Participants will be encouraged to ask questions and will be provided with helpful resources.

Paul Hagan is a Wellness Coordinator at SU’s Student Health Services. They have a background in mental health and are passionate about prevention efforts around suicide on college campuses.

"I've had enough!": Assessing Suicide Risk and Self-harm Among in LGBTQ+ Populations and Promoting Resilience
- José Arroyo, PhD, and Douglas Knutson, PhD

Risk assessment remains a core competency area for all practitioners in social service organizations. Suicide is the second leading cause of death among young people ages 15 to 24; however, the likelihood of suicide in the same peer group among LGBTQ+ youth is two to seven times higher than their heterosexual peers, but this range remains uncertain because sexual orientation is rarely listed on a death record nor as a cause of death. Instead, practitioners are left to extrapolate from the behaviors and symptoms that correlate with minority stress (e.g., depression, lack of support, substance use, etc.) that can act as indicators to open discussions about suicidality and self-harm. This presentation will assist and invite practitioners on ways to open and candid dialogues about suicidal ideation, tendencies, and non-suicidal self-harm with LGBTQ+ individuals. Additionally, this presentation will help practitioners to apply current literature about LGBTQ+ protective factors in their interventions to increase personal resiliency with their individual clients.

José Arroyo (he, him), PhD is a Staff Counselor at Counseling and Psychological Services at Southern Illinois University Carbondale. His research interests include issues surrounding LGBTQ+ and genderqueer populations, multiculturalism, and trauma. José works with a diverse population of presenting concerns, and he also enjoys working with various marginalized and minority communities to address issues of systemic oppression and marginalization and their impact on well-being.

Douglas Knutson (he, him), PhD is an assistant professor in the Department of Psychology at Southern Illinois University Carbondale. Douglas serves as the PR and Media Coordinator for Division 17 Society of Counseling Psychology and he is a member of the Counseling of Counseling Psychology Training Programs Standing Committee on Advocacy, Diversity and Inclusion. He conducts research investigating health and resiliency among transgender, lesbian, bisexual, and gay identified populations.
Hope (cont.)

Mississippi River Room

Suicide Prevention
Ballroom D

Suicide Among African American Children: Awareness, Communication, Overcoming Stigma and Prevention - Arika Wiggins, LMSW

This presentation aims to increase awareness of child suicide in the African American community, provide facts about decreasing suicide stigma, and increase communication about suicide among African Americans.

Arika Wiggins is a Ph.D. candidate in the health education program at Southern Illinois University Carbondale. She has over 15 years of experience in the human services field, with a background in public health social work, mental health, HIV/AIDS, and child protective services.

“I’ve had enough!”: Assessing Suicide Risk and Self-harm Among LGBTQ+ Populations and Promoting Resiliency - José Arroyo, PhD, and Douglas Knutson, PhD

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Mental Health
Ohio River Room

Approaching Suicide Risk and Assessment from a Multicultural Perspective - Aleksa Hagan, PhD

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Paul Hagan is a Wellness Coordinator at SIU’s Student Health Services. They have a background in mental health and are passionate about prevention efforts around suicide on college campuses.

Lunch

12:15 p.m. to 1:30 p.m.

Please refer to the handout in your folder for a listing of the restaurant options in the Student Center.

Breakout Session 3
1:30 p.m. to 2:30 p.m.

Hope
Mississippi River Room

Stigma
Illinois River Room

Suicide Prevention
Ballroom D

Cause and Effect: What Contributes to Stigma and How Stigma Contributes to Mental Health Issues - Lindsay Wilson, LCPC and Brad Coffey, LCPC

Participants will learn about the history of mental health, as well as modern day media’s contribution to mental health stigmas and the implications associated with these stigmas. Participants will also learn ways to address these stigmas and break them down in order to improve access to care.

Lindsay Wilson, LCPC, is a clinical counselor at EU, Interim Assistant Director for the Counseling Clinic, and Confidential Advisor for her University. She has a Master of Science degree in Clinical Counseling and Bachelor of Arts degree in Sociology, both from EU. Lindsay has overseen various areas at EU, such as the Disordered Eating Treatment Team and the Internship Training Program, and has provided individual, group, couples and crisis counseling to numerous students over the years.

Brad Coffey, LCPC serves as a counselor, internship coordinator, and anger management specialist at the Counseling Clinic. He has been working in the mental health field for over 20 years, working at the Eastern Illinois University Counseling Clinic for the last 14 years.

Over the last three years the grant funded program, “It Takes A Village” University Community Partnership for Suicide Prevention has developed a number of resources, training opportunities and a multitude of informational platforms to increase awareness, risk factor detection, prevent death by suicide and decrease the stigma associated with suicide. This session will share the results of this project including our vision to bring hope to the lives of all SIU students. Salukis are on your side.

Ginger Meyer is the Clinical Director for Children’s Medical and Mental Health Resource Network. Working with child welfare issues for over twenty years, she is a leader in the Southern Illinois community developing professionals in trauma informed practices.

Ms. Meyer serves as the Project Director/lead trainer of the Trauma Based Behavioral Health Fellowship, training over one hundred advanced degree students in evidence-based trauma treatment. She is a Certified Clinical Trauma Professional and a member of the International Association of Trauma Professionals. She also serves as the Principal Investigator for the Garrett Lee Smith Suicide Prevention Grant, a trained child forensic interviewer, a Nationally Certified TFCBT clinician and has a small private practice treating children.

Ginger Meyer, MSW, LCSW, CCTP

Partnership for Suicide Prevention

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“I’ve had enough!”: Assessing Suicide Risk and Self-harm Among in LGBTQ+ Populations and Promoting Resiliency - José Arroyo, PhD, and Douglas Knutson, PhD

Risk assessment remains a core competency area for all practitioners in social service organizations. Suicide is the second leading cause of death among young people ages 15 to 24; however, the likelihood of suicide in the same peer group among LGBTQ+ youth is two to seven times higher than their heterosexual peers, but this range remains uncertain because sexual orientation is rarely listed on a death record nor as a cause of death. Instead, practitioners are left to extrapolate from the behaviors and symptoms that correlate with minority stress (e.g., depression, lack of support, substance use, etc.) that can act as indicators to open discussions about suicidality and self-harm. This presentation will assist and invite practitioners on ways to have open and candid dialogues about suicidal ideation, tendencies, and non-suicidal self-harm among LGBTQ+ individuals. Additionally, this presentation will help practitioners to apply current literature about LGBTQ+ protective factors in their interventions to increase personal resiliency with their individual clients.

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Approaching Suicide Risk and Assessment from a Multicultural Perspective - Aleska Hagan, PhD

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Suicide Prevention

Ballroom D

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Beth Morrison, MSED, NCC, LCPC, and Colleen Bader, MA

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Dr. Sandy Pensoneau-Conway, Bolton Morales, MA and Janine Armstrong, MA

Building Resilience in Queer Youth Panel - Otis Duncan, Dr. Sandy Pensoneau-Conway, Bolton Morales, MA and Janine Armstrong, MA

Dr. Sandy Pensoneau-Conway is an associate professor and interim chair in the Department of Communication Studies at Southern Illinois University Carbondale. She is also a board member and volunteer for the Rainbow Café.

Otis Duncan is a master’s student in the Department of Communication Studies at Southern Illinois University Carbondale. He is a board member and former manager of Rainbow Café. He is a strong supporter of safer sex education, harm reduction techniques, and building resiliency among queer youth.

Janine Armstrong is a doctoral student in the Communication Studies program. Her research interests include gender and sexuality studies, intersectionality, spiritual communication, queer studies, communication pedagogy, and instructional development.

Bolton Morales is a Communication Studies doctoral student at Southern Illinois University Carbondale studying intercultural Communication and Pedagogy. He currently teaches sections of the introduction to oral communication course. His research interests include critical communication pedagogy, communication and identity, critical intercultural and organizational communication, and auto/ethnomethods.

In Search of One’s Hidden Treasures - Jeff McGoy, MA

Jeff McGoy is a native of Cairo, Illinois. He currently works at Southern Illinois University Carbondale as the Director of Exploratory Student Advisement and the Center for Learning Support Services. Jeff is a two degree alumnus of Southern Illinois University Carbondale and has been in higher education for over 18 years having worked at the Community College and the University levels in Student Affairs. He also spent three years in Social Services. Jeff is also a motivational speaker/teacher who has a passion for helping others. He has been professionally speaking for 20 years at churches, prisons, schools, conferences, providing workshops and other activities. He enjoys working with students, families, colleagues, mentoring people and with the surrounding communities to assist others so their goals and dreams become realities.

Jeff McGoy is currently a lecturer in the Department of Counseling, Quantitative Methods, and Special Education at Southern Illinois University Carbondale. She holds a PhD in Educational Psychology Counseling, and is a Licensed Professional Counselor and National Certified Counselor. She has over 25 years of experience in the mental health field, including program direction in community agency work with persons with serious and persistent mental illness, and has been an advocate for mental health education.

In Search of One’s Hidden Treasures - Jeff McGoy, MA

Hope

Mississippi River Room

Creating Interdisciplinary Suicide Awareness and Prevention Programs: lessons from the field - Jody Giles, PhD and Debra Pender, PhD

Participants will learn the importance of examining both cumulative and individual adverse childhood experiences in order to better understand key risks and efforts for college retention rates at Southern Illinois University Carbondale.

Jody Giles, PhD is currently a lecturer in the Department of Counseling, Quantitative Methods, and Special Education at Southern Illinois University Carbondale. She holds a PhD in Educational Psychology Counseling, and is a Licensed Professional Counselor and National Certified Counselor. She has over 25 years of experience in the mental health field, including program direction in community agency work with persons with serious and persistent mental illness, and has been an advocate for mental health education.

Debra A. Pender, PhD, LCPC has been a practicing mental health clinician for 35+ years. She specializes in crisis management and intervention, trauma-informed and clinical supervision. Dr. Pender was one of three faculty chosen to assist in the campus-wide response to the Northern Illinois University 2/14/08 tragedy.

Salukis on Your Side: It Takes a Village - A University and Community program.
- Beth Morrison, MSED, NCC, LCPC, and Colleen Bader, MA

Beth Morrison is the Program Coordinator for the Garrett Lee Smith campus suicide prevention program, Salukis on Your Side. She is also the Director of Wellness and Health Promotion Services at Southern Illinois University Carbondale. Douglas serves as the PR and Media Coordinator for Division 17 Society of Counseling Psychology and he is a member of the Council of Counseling Psychology Training Programs Standing Committee on Advocacy, Diversity and Inclusion. He conducts research investigating health and resiliency among transgender, lesbian, bisexual, and gay identified populations.

Beth Morrison is the Program Coordinator for the Garrett Lee Smith campus suicide prevention program, Salukis on Your Side. She is also the Director of Wellness and Health Promotion Services at Southern Illinois University Carbondale and a Licensed Clinical Professional Counselor.

Colleen Bader is a Graduate Assistant for the Garrett Lee Smith Grant campus suicide prevention program, and is currently a graduate student at Southern Illinois University Carbondale in the Applied Psychology PhD program.

The Impact of Adverse Childhood Experiences (ACEs) on Freshmen retention rates and Specific Populations at Southern Illinois University Carbondale
- Beth Morrison, MSED, NCC, LCPC, and Colleen Bader, MA

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Dr. Sandy Pensoneau-Conway, Bolton Morales, MA and Janine Armstrong, MA

Stigma

Illinois River Room

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**Breakout Session 1**

**Treating the Whole Person - Christina Diesen, LCSW**

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**The Forgotten Child - Hope for the Children of Parents with a Mental Illness - Niki Grajewski, LCSW, LPHA**

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